



Spice Guide

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<h2>Ginger</h2> <p><i>Reportedly used since 650 AD</i></p>	<h2>Paprika</h2> <p><i>Also known as pimento pepper, made from sweet red peppers.</i></p>	<h2>Cinnamon</h2> <p><i>Cinnamon is the inner bark of a tropical evergreen tree.</i></p>	<h2>Cloves</h2> <p><i>From the French word 'clou', meaning nail.</i></p>	<h2>Nutmeg</h2> <p><i>Nutmeg is actually the kernel of an apricot-like fruit and not a nut at all!</i></p>
<p>Form: Root</p>	<p>Form: Ground into a bright red powder</p>	<p>Form: Fine powder or curled stick</p>	<p>Form: Unopened flower bud of a tropical evergreen tree</p>	<p>Form: After the fruit is harvested and dried, the kernel can be left whole or ground</p>
<p>Character: Fiery, pungent, sweet, slightly spicy</p>	<p>Character: Sweet and sometimes pungent.</p>	<p>Character: Warm, sweet</p>	<p>Character: Whole Cloves: Savoury. Ground Cloves: Sweet</p>	<p>Character: Sweet, nutty flavour</p>
<p>Use: Ground Ginger can be used in cakes, puddings, jams. Fresh ginger is great in fries, soups and sauces.</p>	<p>Use: Colour makes it a popular garnish for salads and appetizers. Tasty addition for savoury dishes such as grilled fish, meat and sauces.</p>	<p>Use: In Baking: cakes, puddings, chocolate dishes. In Cooking: savoury stews, tagines, curries</p>	<p>Use: Whole Cloves: inserted into ham or pork to infuse meat with its strong flavour. Often combined with other spices as their taste can be overpowering. Ground Cloves: ideal for fruitcakes and biscuits</p>	<p>Use: Ideal for slightly spicy, sweet dishes such as pies, cookies, custards and spice cakes. Indispensable for holiday egg nog</p>
<p>Storage: For Ground Ginger - Airtight container, in a cool dry place, for up to one year. For Fresh Ginger – wrap in plastic and refrigerate for up to three weeks</p>	<p>Storage: Airtight container, in a cool dry place, for up to one year.</p>	<p>Storage: For Ground Cinnamon: Airtight container, in a cool dry place, for up to one year. For Cinnamon Sticks: Airtight container, in a cool dry place, for up to two years.</p>	<p>Storage: For Whole Cloves – Airtight container, in a cool dry place, for up to two years. Cloves lose their flavour quickly so try grinding with an electric mixer as needed. For Ground – Airtight container, up to six months.</p>	<p>Storage: For Whole Nutmeg – indefinitely. For Ground Nutmeg – Airtight container, in a cool dry place, for up to one year.</p>

helpful tips

•Do not store spices by the stove — heat breaks down the essential oils that give spices their flavour.

•If you don't have a spice grinder, use an electric coffee grinder instead.

•Use spices sparingly. As a general rule 1/4 teaspoon is usually enough for 4 servings.



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<h2>Onion Powder</h2> <p><i>Ground dehydrated onion.</i></p>	<h2>Garlic Powder</h2> <p><i>Ground dehydrated garlic.</i></p>	<h2>Cumin</h2> <p><i>dried fruit of a plant in the parsley family</i></p>	<h2>Chili Powder</h2> <p><i>A blend of dried red chilies, cumin, oregano, cloves, coriander – even salt and pepper.</i></p>	<h2>Curry Powder</h2> <p><i>A blend of coriander, cumin, mustard seed and chilies. May contain cloves, ginger or fennel.</i></p>
<p>Form: Bulb, ground into yellow powder</p>	<p>Form: Bulb, ground into yellow powder</p>	<p>Form: Seed, ground into brown powder</p>	<p>Form: Fine powder</p>	<p>Form: After the fruit is harvested and dried, the Kernel can be left whole or ground</p>
<p>Character: Pungent</p>	<p>Character: Pungent</p>	<p>Character: Warm, spicy, nutty</p>	<p>Character: Spicy, hot flavour</p>	<p>Character: Mild to hot and spicy, depending on the blend</p>
<p>Use: Sauces, stews, casseroles, mixed with other herbs and spices as a rub for meat</p>	<p>Use: Sauces, stews, casseroles, garlic bread, meat dishes. Can be used anywhere fresh garlic is used.</p>	<p>Use: Savoury dishes, Indian, Spanish, Mexican cooking</p>	<p>Use: Ancho variety is most commonly used to season meat, poultry, fish and seafood</p>	<p>Use: Sprinkle over meat or vegetables at the beginning to infuse the most flavour. Small amounts can be used to season egg dishes, sauces and salad dressings</p>
<p>Storage: Airtight container, in a cool dry place, for up to one year.</p>	<p>Storage: Airtight container, in a cool dry place, for up to one year.</p>	<p>Storage: Airtight container, in a cool dry place, for up to six months.</p>	<p>Storage: Airtight container, in a cool dry place, for up to one year.</p>	<p>Storage: Ready-made powders: Airtight container, in a cool dry place, for six months and up to one year.</p>